

# Judging the Benchpress

Not always one of the easiest lifts to referee, the following guidelines should help bring the lift to some "uniformity" amongst our member nations referees.

Seating - Although the rules say that the referees may position themselves where they choose on the platform, the side referees need to be positioned where they can be easily observed by the Chief Referee when their raised arms are lowered. Ideally, the best vantage point for an unimpeded view by the side referees is to be seated at an angle of 45 degrees from the centre of the bench and 2.5 metres beyond. The position of the Chief Referee slightly off centre enables him / her to see buttock position, or movement of, more clearly.

Performance - Referees should familiarize themselves with the rules, especially those rules which are new to this lift applicable from January 1 2007. Namely, head to be kept in contact with the bench, feet must be flat on the floor and no movement throughout. Audible signal "Press" after the bar has been held motionless at the chest ( recommended silent count of " one " will ensure a positive stop ). Chief Referee to tell the lifter why, should he / she not have received the " start " signal after five seconds and the bar being replaced in the racks.

In causes for Disqualification of a Benchpress, failing to lock out simultaneously at the completion of the lift has been removed. Should the lifter not hold the bar motionless this will warrant a yellow card i.e. Failure to observe the Chief Referees signal. Bar not touching the chest - red card.

As in all lifts any benefit of doubt should be made in favour of the lifter.

John Stephenson  
Chairman Technical Committee